

Newsletter for the month of April 2018

Upcoming Events :

- Disha—Viveka Vikasa Calls for volunteers for the “Train the Trainer” program on the 26th May
- Dssha—Viveka Vikasa: Teacher Enrichment Programs in many institutions

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Disha Report - March 2018 :

- Disha Residential Camp Report
- Certification Course Executive Summary
- Viveka Vikasa—Students program
- Viveka Vikasa—Teachers program
- Summer Camps Report

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I got Disha

From now onwards I am going to help each and every person. I am not going to live for my sake only. My life will be dedicated to society —

Seema Dubey, mLAC, Bangalore

Video Testimonial

**Seshadripuram
Main Student**



Health and Fitness

Corner

VIRABHADRASANA



Virabhadra is a mythological character created by Lord Shiva, and this pose derives its name from there. This asana honoring the feats of a legendary warrior. Hence, it is also called the Warrior pose.

Benefits Of Virabhadrasana

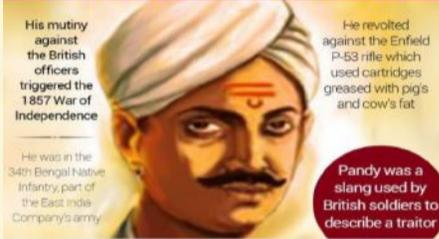
- * Strengthens & tones lower back, arms & legs.
- * Stabilizes the body & builds up stamina
- * Stimulates metabolism & restores the spine
- * Release stress from shoulders
- * Relaxes mind & body
- * Spreads the notion of peace & courage

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Mangal Pandey—First Spark of Indian Independence

Rebelling against the British, Mangal Pandey started the struggle that Gandhi won

A 'TRAITOR' WE SALUTE!



Mangal Pandey, (born July 19, 1827, Akbarpur, India—died April 8, 1857, Barrackpore), Indian soldier, whose attack on British officers on March 29, 1857, was the first major incident of what came to be known as the **First War of Indian Independence** (Sepoy Mutiny)

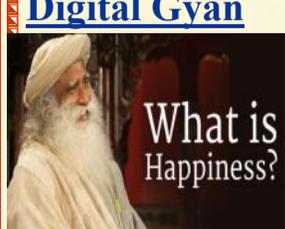
Pandey was born in a town near Faizabad in what is now eastern Uttar Pradesh state in northern India, although some give his birth place as a small village near Lalitpur (in present-day southwestern Uttar Pradesh). He was from a high-caste Brahman landowning family that professed strong Hindu beliefs. **Pandey joined the army of the British East India Company in 1849**, some accounts suggesting that he was recruited by a brigade that marched past him. He was made a soldier (sepoy) in the 6th Company of the 34th Bengal Native Infantry, which included a large number of Brahmans. Pandey was ambitious and viewed his profession as a sepoy as a stepping-stone to future success.

Pandey's **career ambitions, however, came into conflict with his religious beliefs**. While he was posted at the garrison in Barrackpore in the mid-1850s, a new Enfield rifle was introduced into India that required a soldier to bite off the ends of greased cartridges in order to load the weapon. A rumour spread that the lubricant used was either **cow or pig lard**, which was repugnant to Hindus or Muslims, respectively. The belief arose among the sepoys that the British had deliberately used the lard on the **cartridges**.

There have been various accounts of the events of **March 29, 1857**. However, the general agreement is that Pandey attempted to incite his fellow sepoys to rise up against their British officers, attacked two of those officers, attempted to shoot himself after having been restrained, and eventually was overpowered and arrested. Pandey was soon tried and sentenced to death. His execution (by hanging) was set for April 18, but British authorities, fearing the outbreak of a large-scale revolt if they waited until then, moved the date up to April 8. Resistance to the use of Enfield cartridges later that month in Meerut led to the outbreak of a revolt there in May and the start of the larger insurrection.

In India, Pandey has been remembered as the **first martyr of 1857** freedom movement against British rule. A commemorative postage stamp with his image on it was issued by the Indian government in 1984. In addition, a movie and stage play that depicted his life both appeared in 2005.

Digital Gyan



**Sadguru
Pursuit
Life**

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Success Stories:

Spark of patriotism



Highly motivated by the session on 'Saga of Patriotism'

conducted by Disha PDP course, **Arshiya Banu** designed her own activity-based module to inform and inspire about **Indian freedom struggle and defense forces** and conducted sessions in the GMP School, Vijaynagar.

Arshiya's words: "*When we want to paint the entire world in one color, we disintegrate and when we acknowledge diversity, we unite and integrate.*"

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Spark of volunteerism



Inspired by Disha – Viveka Vikasa **Prajwal Kumar** decided to give back something to the society

during the vacation. His seva activities from past 2 months includes

- * Taught in an **orphanage**
- * Conducted **summer camps** in Govt schools
- * Helped in **data entry**
- * Made **videos** for NGO's
- * Covered 20 schools & 15 apartments for "**Give Paper Back**" campaign – by YFS

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Real Hero : Dr.Prakash Baba Amte—Light to the Tribes

Have you ever wondered whether it is possible for a kid to play with a python around his neck or a grown up to feed a leopard and other animals of the wild? Yes, it is possible at 'Animal Ark', Hemalkasa, home to Dr Prakash Amte and his family and a haven to all the wild animal orphans of the region. The selfless efforts and the outpour of love and care from Dr Prakash Amte has shown that man and animal can indeed live together members.



How did Dr. Prakash Baba Amte's 'Animal Ark' happen? - It all began in the 70's when the doctor duo during a stroll in the Dandarayana forest came across some tribal people carrying a dead monkey with its baby still suckling at her breast. Moved by the sight they bought the baby monkey from the tribes people in exchange for rice and clothes into their home at Hemalkasa. The inclusion of the baby monkey into their family set the ball rolling for the establishment of 'Animal Ark' which later on became a home to several such animal orphans. Many animals whose parents were killed for food by the tribal people followed the red faced baby monkey and they arrived in all types.

Since the **last forty years** the **orphanage** has warmly welcomed several jackals, jungle cats, leopards, deer, snakes, giant squirrels, Indian pythons, sloth bears, hyenas, crocodiles, birds and owls into its fold. There was a time when the **number of animals** living as family among the Amte clan and the villagers totaled to **300**. It was only later that cages were erected to house the animals in the orphanage as a regulatory procedure. The cages have in no way hindered the ease and freedom of the animals nor the unbound love showered by the Amte family on them.

Changing the Lives of the Tribal People - Dr Prakash Baba Amte is the **son of the legendary social worker Baba Amte** whose work for the upliftment of the leprosy afflicted has won him many accolades. On the completion of his doctor's degree, Dr Prakash Amte began studying for his MS. But destiny had something else in store for him. While on a picnic to Hemalkasa with his father, Dr Prakash Amte was aghast on seeing the state of the tribal people living in that region. Dropping his studies for the MS degree, Dr Prakash Baba Amte decided to change their lives and moved to Hemalaksa along with his wife, Dr Mandakini Amte. Hemalkasa was a small community of tribal people, with no power and transport facilities and totally cut out from the rest of the world. Notwithstanding the mountain of hardships that came their way, this doctor couple **uplifted the lives of the tribal** community to an unthought-of level. The tribal community had no access to basic necessities, were unaware of clothing their bodies, never knew what medical care was and followed hunting as the sole means of sustenance. They lived almost like savages. **The selfless work of this couple brought them into the mainstream and in the process several engineers, doctors and teachers were nurtured by the duo.** In the initial days, the doctor duo began treating the tribes people in a makeshift hospital, taught the kids beneath a tree and helped to reduce the day-to-day problems of the tribal people in the area. They worked hard to bring awareness among the tribes people of the region, teaching them agricultural techniques and considerably reducing their dependence on hunting for survival. Absence of power did not deter them from performing several emergency surgical procedures and eventually they got a hospital fitted with modern facilities. a residential school and the development of the 'Animal Ark'. Social work runs in the Amte family. Dr Prakash Amte's three children, along with their spouses have followed in the footsteps of Dr Prakash Amte, social activist; devoting their lives too, to social work. The tribal people today are leading a far better life than what they were many years ago. Dr Prakash Amte's name easily ranks topmost among the **popular persons of India**. A biopic titled 'Dr Prakash Baba Amte– The Real Hero' which was released in Marathi, Hindi and English.

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Vote! Your responsibility



Youth are the assets of any country and their role towards nation-building be ignored.

And in a **democratic country like India**, it becomes all the more important for the **young people to know their rights and duties** well and also to participate in the democratic process. *Exercising one's franchise is one of the most important aspects of a representative democracy.*

India is world's largest democracy and also home to the world's largest youth population. However, not every youth is inclined to cast the ballot. Call it apathy, ignorance, or disenchantment, but a major chunk of our young population has lost trust in the political process. **A series of money-laundering and corruption scandals have left them alienated and bitter.** There's a sense of despair owing to the policy paralysis of the successive governments.

However, there should be absolutely no reason to hold the voters back. The situation will only worsen if voters abstain from marking the ballot as it would weaken the democracy – the best form of governance available thus far. Youth could be lured to the polling stations and encouraged to vote in a variety of ways.

- Educating them about the importance of their vote
- Making Youth aware of their distinct interests & needs
- Understanding the concerns of Young Voters
- Launching Awareness Programmes and leveraging popular media

A vote, in a democracy, never goes to waste. Election is the celebration of democracy and voting is an action through which they can reassert, honour, and **protect their fundamental rights.**

Self-Awareness - Emotional Wellbeing



Self awareness is about learning to better understand why you feel, what you feel and why you behave in a particular way. Once you begin to understand this concept you then have the opportunity and freedom to change things about yourself enabling you to create a life that you want.

Try this challenge—Think about describing yourself to without mentioning anything about the external things that are in your life, your friends, family, studying etc. Concentrate only on yourself, how you feel and behave, perhaps recognizing some of your strengths and weaknesses.

It's easy to get caught up in irrational thoughts and beliefs and live out internal dramas that can severely affect the way we perceive ourselves and consequently determine our feelings and actions. Relationships are easy until there is emotional turmoil. This is the same whether you are at work or in your personal life. When you can change the interpretation in your mind of what you think, you can change your emotions and shift the emotional quality of your relationships. When you can change the emotions in your relationships you open up entirely new possibilities in your life.. Having a clear understanding of your thought and behavior patterns helps you understand other people. This ability to empathize facilitates better personal and professional relationships.

Is self-awareness important? - Self awareness is important because when we have a better understanding of ourselves, we are able to experience ourselves as unique and separate individuals. We are then empowered to make changes and to build on our areas of strength as well as identify areas where we would like to make improvements. Self-awareness is often a first step to goal setting. Self-awareness is being conscious of what you're good at while acknowledging what you still have yet to learn. This includes admitting when you don't have the answer and owning up to mistakes.

In our highly competitive culture, this can seem counter-intuitive. In fact, many of us operate on the belief that we must appear as though we know everything all the time or else people will question our abilities, and then perhaps judge us. If you're honest with yourself, you'll admit that really the opposite is true. Because whether you acknowledge your weaknesses or not, everyone still sees them. So rather than conceal them, the person who tries to hide weaknesses actually highlights them, creating the perception of a lack of integrity and self-awareness.

Here are a few ways of doing just that:

- **Learn to look at yourself objectively**
- **Write your own manifesto**
- **Keep a journal**
- **Perform a self-review**

You can also contribute to this newsletter by  info@dishabharat.org

For any queries or details contact us @ **99163 81599**

 www.dishabharat.org

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